

# 3 STEPS TO SELF

**A guide to self by Carmita Smiles**



# WELCOME

This course has been designed to start you on a journey of self discovery.

You're about to dive deep inside yourself. You'll be thinking about where you came from, where you are, and where you can go. Also, who will continue on this journey with you.

There's no need to rush if this journey takes 5 or 7 days. The end goal is listening to yourself with the guidance of this course to help you discover the true you, naturally.



# BECOMING SELF AWARE

Start by sitting in a place of peace.

How you are feeling right now? What thoughts or feelings come to mind? What do you consider to be a good or bad day?

How does your body feel? Do your muscles feel tight? Are you clenching your jaw? Are you tired? Maybe you are feeling pretty good. Do you feel awake and alert?

Now what comes to mind when you hear the word spirituality? Do you think of yourself as a spiritual person? Think about why or why not.



# DIVING DEEPER INTO AWARENESS

Think about the questions on the last slide. I would like you record your answers. You can write them down on paper or speak them into a voice recording app.

This allows you to begin to bring thoughts, feelings, and physical feels to the surface. You get to start thinking about YOU.





HOLD ON

How do you feel?

Allow what you've read, written, and heard to sink in for a moment.

# BEGIN SELF LOVE

This is where things get messy.

Now that you're on your way to understanding how you feel physically and mentally let's think about what makes you feel these things.

Why did you write or say what you're feeling? Does someone or something have you feeling anxiety, fear, sadness, happy, or excited?

What are you doing to cope with the negative and celebrate the good?



# FINDING LOVE

Do any of your thoughts or feelings connect with your job, family, friends, activities, or daily routine? If so, are these good connections or bad connections? What makes something good or bad? How can you recognize the bad before it becomes a part of your life or daily routine?

What things have you tried or would like to try to change something from a negative experience to a positive one? Have you ever made a list of goals? Are you willing to start doing for YOU to reach these goals let go of what's not serving you?



# LOVE YOU FIRST

Who or what allows you to understand yourself? Who or what allows you to put you first? Who or what allows you to feel good and brings you up instead of putting you down?

How do you describe putting YOU first? Have you been dreaming of a weekend getaway? Do you want to try a new cafe or restaurant? Are you willing to discover life on your own?

Sometimes you have to let go of things or people who no longer support your way of life. You have to be OK with being alone sometimes.







ALONE

Feeling OK traveling the path alone. But are you really?

This is when spirituality kicks into high gear.



HOLD ON

How do you feel?

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# WELCOME TIME FOR YOU

The path to self love is not an easy one. It's where self discovery gets DEEP. It's important to express feelings and emotions. It's OK to get confused. Strength and clarity will come. It's also important to make time for YOU.

Were you able to start this program with time set aside? You need to do the same for you more than once in a lifetime. Busy schedules and busy work are not always the way to go. They can have you feeling lost, anxious, and living in chaos. STOP and breathe.



# SELF CARE

Whether you start with only a moment and move into minutes and then hours... If you can make time to run errands for others, make dinner, pay bills, or watch the news YOU CAN MAKE TIME FOR PEACE. YOU CAN MAKE TIME FOR YOU.

Technology and #life hacks are wonderful ways to help self care happen.

You may be thinking “What is self care?” It is whatever brings a smile to your face and allows you to breathe. Also it enhances self love and self discovery.



# MAINTENANCE

You've come into realization with self. You understand your thoughts and feelings more clearly. You wake up feeling positive and taking time with yourself. (Patience is key.) You're making time to listen to your inner self. You're making time to do something for you. You're allowing love and loved ones to enter your life and moving away from negativity.

It's vital to continue on this path of self. This path of analyzing, healing, renewal and revitalization. This path of truly being YOU, naturally.





WHAT'S NEXT?



# FREE CONSULT

Contact me [carmitasmiles@gmail.com](mailto:carmitasmiles@gmail.com)

Instagram @CarmitaSmiles

Facebook @CarmitaSmiles